

**Use your WIC benefit as a shopping list. Only items listed on the benefit may be purchased.**  
**Select the size and quantity listed to receive the maximum nutritional value.**

#### MILK – Pasteurized and Fortified

**Store Brand if available**

**Buy only the milk type and size specified on benefit**

Skim, 1%, 2%      Whole      Lactose-free  
Nonfat Dry      Evaporated      Meyenberg Goat Milk

Two ½ gallons may be substituted for one gallon

No flavor added, enhanced or organic milk

No pints

Quarts only if specified on the benefit or when larger size of

Lactose-free milk is unavailable.

#### SOY BEVERAGE

**8<sup>th</sup> Continent Soymilk Beverage**

½ gal cartons, ultra pasteurized

Original flavor only

**Silk Soymilk**

½ gallon cartons

Original flavor only

**Pacific Natural Foods Ultra Soy Beverage**

Aseptic Quarts (32 ounces)

Plain and Vanilla only

#### PEANUT BUTTER

**Store Brand, Adams, Peter Pan, Jif or Skippy only**

**18 to 16 ounce jar**

Unflavored Regular or Natural - smooth, chunky or honey roasted

No jelly, honey, chocolate or marshmallow crème added

No peanut butter spread (examples: reduced-fat, natural)

No organic or enhanced peanut butter

#### BREAKFAST CEREALS for Women and Children -- Whole grain cereals

##### COLD CEREAL

**SPECIFIED BRANDS ONLY**

**REGULAR FLAVOR UNLESS SPECIFIED**

No fruit filled

No organic

**Corn Flakes**

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's, Kroger, Our Family, Safeway or Western Family

**Corn Squares/Bitz/Pockets**

Essential Everyday, Flavorite, General Mills (Corn Chex\*), Great Value, IGA\*, Kroger, Our Family, Safeway or Western Family

**Corn Balls/Puffs**

General Mills (Kix)

**Crispy Rice**

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's (Rice Krispies), Kroger, Malt-O-Meal, Our Family, Safeway or Western Family

**Frosted Mini Wheat Biscuits**

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's, Kroger, Malt-O-Meal, Our Family, Safeway or Western Family

No "Post"

No fruit filled or flavored frosting

No plain shredded wheat Biscuits

**Fiber Flake Cereals (Bran)**

Enriched Bran Flakes:  
Essential Everyday, Flavorite, General Mills (Wheaties Original or Total Original), Great Value, IGA, Kellogg's (All Bran Complete Wheat), Kroger, Post (Bran Flakes), Western Family

No fruit added (Raisin Bran) or Low-carb

**Nugget**

Post (Grape Nuts)

**Rice Squares/Bitz/Pockets**

Essential Everyday, Flavorite, General Mills (Rice Chex\*), Great Value, IGA\*, Kroger, Our Family, Safeway or Western Family

**Toasted Oat Rings**

(Plain or Multi-Grain)  
Essential Everyday, Flavorite, General Mills (Cheerios), Great Value, IGA, Kroger, Our Family, Safeway or Western Family

No sugar-frosted, honey-nut or fruit added

**Wheat Squares/Pockets**

General Mills (Wheat Chex), Great Value, Our Family, Safeway or Western Family

##### HOT CEREAL

**HOT CEREAL**

Cream of Rice\*

Cream of Wheat Regular

Cream of Wheat Whole Grain

Great Value Quick Farina

Malt-O-Meal Original

Western family

**INSTANT OATMEAL – Regular**

**Individual Packets Only**

12 to 11 ounce packages

Essential Everyday, Great Value, IGA, Our Family, Kroger, Safeway or Western Family

No flavored

No large/bulk packages allowed

No organic

#### CHEESE – Domestic

**Store Brand, Cache Valley, Crystal Farms, Kraft, or Wega Star Dairy**

**Regular, low-fat or reduced fat, in 16 or 8 ounce package**

Colby-Monterey Jack

Cheddar

Monterey Jack

Colby

Mozzarella

Swiss

Two 8 ounce packages may be substituted for one 16 ounce package

No string cheese, cheese foods, products, spread, cubed, shredded, sliced, flavor added (i.e. Pepper Jack), imported, service deli, imitation cheese products or individually wrapped slices/strings sold as singles

No organic

#### YOGURT

**Store Brand, Dannon, Mountain High or Yoplait**

**Buy only the fat type specified on benefit**

32 ounce containers

Plain or Vanilla

No other flavors, fruit added, organic or Greek yogurt

#### BEANS, PEAS, AND LENTILS

**16 to 15 ounce packages/cans**

Any Brand: dry beans, split peas or lentils

Any Brand: canned beans (legumes)

No soup mixes, flavorings or meat added (pork & beans, refried)

No cans of green or yellow beans

No organic

NOTE: Canned beans may be purchased ONLY if specified on benefit

#### WHOLE GRAIN CHOICES

Gluten-free items are marked with an \*

#### WHOLE GRAIN BREAD

**One pound (16 ounce) loaf only**  
Franz 40 Calorie per Slice Whole Wheat  
Franz 100% Whole Wheat  
Safeway Kitchens 100% Whole Wheat  
Sara Lee Classic 100% Whole Wheat  
Smith's 100% Whole Wheat  
Village Hearth 100% Whole Wheat  
Wheat Montana 100% Whole Wheat

#### BROWN RICE

**Any brand – box or bag**  
Plain Brown Rice-regular cooking 16 oz.  
Plain Brown Rice-quick or instant cooking 16 – 14 oz.

No organic

#### TORTILLAS – SOFT

**One pound (16 ounces) only**  
Yellow Corn – Mission\*  
White Corn – Don Pancho\* or Guerrero  
Whole Wheat – Don Pancho, Guerrero, or Mission

#### WHOLE WHEAT PASTA

**100% whole wheat**

**Any Brand – 16 ounce only**

No other organic, enhanced (for example omega-3 added) or vegetable pasta

## 100% JUICE

### 64 ounce Plastic Bottles - Children

#### 100% Juice Only

##### Specific Flavors - Authorized Brands

**Apple:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top, Western Family

**Grape – purple:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's, Western Family

**Grape – white:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's, Western Family

**Orange:** Essential Everyday, Flavorite, Old Orchard, Our Family, Western Family

**Tomato:** Campbell's, Everyday Essentials, Western Family

**Vegetable:** Essential Everyday, Great Value, IGA/Shoppers Valu, Kroger, Safeway, V-8 (Original or Healthy Request, **no Fusion**) Western Family

**No sugar added**

**No juice blends, drinks or cocktails**

**No refrigerated**

**No organic or DHA added**

### 16 ounce Frozen Concentrate - Children

#### 100% Juice Only

##### Specific Flavors – Authorized Brands

**Orange:** Essential Everyday, Flavorite, IGA/Shoppers Valu, Kroger, Our Family, Safeway, Western Family

**No sugar added**

**No juice blends, drinks or cocktails**

**No organic or DHA added**

**Some stores may not carry every WIC approved food because of cost or availability.**

### 12 to 11.5 ounce Frozen Concentrate - Women

#### 100% Juice Only

##### Specific Flavors - Authorized Brands

**Apple:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top, Western Family

**Grape – purple:** Essential Everyday, Great Value, Kroger, Old Orchard, Welch's, Western Family

**Grape – white:** Essential Everyday, Old Orchard, Welch's

**Orange:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Minute Maid, Old Orchard, Our Family, Safeway, Western Family

**Pineapple** – Kroger, Old Orchard

**No sugar added**

**No juice blends, drinks or cocktails**

**No organic or DHA added**

**No 48-46 ounce juices are allowed.**

## EGGS

### Large – One dozen white “AA” or “A”

Any Brand

**No enhanced, hormone-free, specialty or brown eggs**

**No free range or cage free eggs**

**No organic**



## CANNED FISH

### Any brand

**Light Tuna** – water packed only, light - solid or chunk

6 to 5 ounce cans

**Pink Salmon** – water packed only, may contain bones and skin

5 to 6 and 14.75 ounce cans  
**No “diet” pack, white, albacore, “vacuum-sealed” packs, flavorings added and red salmon**

## INFANT FORMULA

**Only brand, type and size specified on benefit**

**No substitutions at store**

**No organic**

## INFANT CEREAL

### Beech-nut, Goya or Gerber only

Plain varieties only: Barley, Corn, Mixed Grain, Oatmeal, Rice or Whole Wheat

8 and 16 ounce containers are allowed

One 16 ounce container may be

substituted for two 8 ounce containers

**No formula, flavoring, fruit or DHA added**

**No jars or packs**

## BABY FOOD MEATS

### Beech-nut, Goya or Gerber only

2.5 ounce jars

**Single variety meats only**

**May have added broth or gravy**

**No dinners**

**No meat sticks**

**No organic or DHA added**

## BABY FOODS – VEGETABLES/FRUITS

### Beech-nut, Goya or Gerber only

4 ounce containers, jars or twin packs only

**Vegetable and Fruit – single or mixed varieties**

**No dinners or desserts**

**No organic or DHA added**

## Approved Foods List for Fruit and Vegetable Benefit

### Fresh Vegetables & Fruits

#### Allowed:

- Any variety of fresh vegetables and fruits
- Bagged salad mixtures (no dressing, croutons, nuts or meat added)
- Bagged vegetables (no dressing or dip)
- Tubs of cut fruit or vegetables (no dressing or dip)
- Garlic, sprouts
- Fresh salsa (no added sugar, fat or oil)
- Organic

#### Not Allowed:

- Added sugars, fats or oils
- Items from the deli, salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Salad dressing
- Herbs (like basil, cilantro, parsley)
- Spices (like vanilla beans, cinnamon sticks)

### Frozen Vegetables

**Frozen vegetables may not be purchased with an infant fruit and vegetable benefit**

#### Allowed:

- Any brand
- Any plain single or plain mixed vegetable
- Any package type (bag, box)
- Any size
- Organic

#### Not Allowed:

- Vegetables with added sugars, fats, oils or coatings (many French fried potato products have added fats or coatings)
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other non-vegetable ingredient
- Frozen Fruit
- Cheese sauce or any other type of sauce
- Seasoned, flavored, breaded
- Packets of sauces and/or seasonings included

**No canned fruits or vegetables or frozen fruit may be purchased.**

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**1-800-433-4298**

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